

The Best of Times

Available ONLINE at www.burbankrsvp.com and www.burbankca.gov

January/February 2014

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Joslyn Adult Center

1301 W. Olive Ave.
Burbank, CA 91506
818.238.5353
Monday - Friday
8:00 a.m. - 8:00 p.m.
Saturday & Sunday
9:00 a.m. - 4:00 p.m.

Information Desk

818.238.5353

Nutrition Office

818.238.5357

RSVP Office

818.238.5370

Transportation

818.238.5360

McCambridge Park

1515 Glenoaks
818.238.5365

Don Tuttle Senior Center

1731 N. Ontario
818.238.5367



Help us beat last year's record of 650 donated coats!



Martin Luther King Jr. Day of Service
Monday, January 13 - Friday, January 17



Burbank
Volunteer
Program

The City of Burbank's Volunteer Program will be commemorating **"Martin Luther King Jr. Day of Service"** by collecting "new," "clean," and "gently worn" coats and sweaters for our Veterans and their families.

Please drop off your kind donation at any of our City lobby locations below:

- Joslyn Adult Center - 1301 West Olive Avenue
- City of Burbank - City Hall - 275 East Olive Avenue
- Community Services Building - 150 North 3rd Street, 1st Floor
- Police/Fire Headquarters - 200 North 3rd Street



THANK YOU FOR MAKING THIS PROGRAM SUCH A GREAT SUCCESS



Strengthening Communities Through Service

RSVP provides a variety of opportunities for those 55 years and over to participate in the life of their community through significant volunteer service. Ask about volunteering at one of our 80 nonprofit organizations or public agencies at 818.238.5370 or burbankrsvp@gmail.com





JANUARY BIRTHDAYS



Kathere Avanesian
 Bernard Baima
 Anita Baiocco
 Sue Baldaseroni
 Lila Barkett
 Carol Barrick
 Belinda Bayne
 Joan Bradstock
 Diane Campbell
 Olga Chapman
 Sofie Christoffersen
 Ronald Coyne
 Joyce Davis
 Syra Dondyan
 Millie Engel

Veronica Fernandez
 Barbara Fleischmann
 Rosalyn Fox
 Ann Franklin
 Carolyn Goldstone
 William Harrold
 Beverly A. Heine
 Shirley Hoffman
 Donna Hovartos
 Virginia Hovestreydt
 Jeannine Jones
 Mary Ann Koyen
 Irene Lane
 Sharon Leech
 Jim Lloyd

Marie L. Lucero
 Carmen Malvaez
 Carol McLeod
 Jim D. Miles
 Barbara Miller
 Elvan Al Moen
 Dolly Monte
 Bernice Mudrick
 Maria Nemer
 Barbara Osborn
 Elaine Overturf-Rosenberg
 Francis Playford
 Ruth Pursell
 Harriet Rempel
 Stacy Schumacher

Lucille Shalhoub
 Thomas Soher
 Boris Stoikoff
 Joanelen Stout
 Pat Velasquez
 Donald R. Wagner
 Connie Weir
 Nellie Westbrook
 Bettie Yasbek
 Allan Zimmerman



FEBRUARY BIRTHDAYS



Faustino Alva
 Emma Avakemian
 Ivona Belda
 Diane Bernhardt
 Steve Bucell
 Barbara Buchanan
 Kenneth Cressy
 Dawn Crumley
 Lisa De Luca
 Jean De Nunzio
 Ann Donnelly
 Joseph J. Duarte
 Janet Eggleston

Marty Fisher
 Yolanda Franklin
 Andrea Gutman
 Lucky Hemphill
 Karen Higgins
 Nancy Johnson
 Nancy Kanigher
 Violet Lasky
 Shirley Leshner
 Carol Lessin
 Carolyn Lessley
 Helen Manning
 Peter McGrath

Ricardo Monsibay
 Irene Murgida
 Dottie Nealon
 Marion Nicholson
 Denise Novak
 Guy Vincent Petrone
 Gail Portrey
 Carole Radin
 Suzanne Rector
 Sandy Romero
 Violette Roy
 Jack E. Smith
 Wannee Spangler

Sondra Struble
 Gloria Teper
 Tanda Tindell
 Warren J. Troutman
 Norma Turner
 Betty Uebel
 Patricia Underwood
 Shari Ward
 Thelma Watkins



WELCOME NEW RSVP VOLUNTEERS!

William Burch
 Allan Fox
 Raymond Peifer
 Viola Thompson



+ = Additional fee

Community Events & Information

= Sign Up

Burbank Senior Activity Card (BSAC)

Get one and save!

\$15.00 for Burbank residents and

\$20.00 for non-residents.

Still the best deal in town!

(See page 6 for more info)

Notes: = Sign-up required / + = Additional fee
(most activities are \$2.00 or free with BSAC card).

2014 Older American Volunteer Service Awards — Nomination forms (with qualifications) will be available at the **end of January**. Help us identify outstanding Burbank resident volunteers (60+) who make significant contributions to non-profit organizations. Recipients will be honored in May, "Older Americans Month." They are available at the **Joslyn Center Front Information Desk** or online at Burbankwire.com. The deadline for submission is **Wednesday, March 5, 2014**. Please call 818.238.5353 for more information.

Burbank Adult School (BAS) Classes at Joslyn

The following **BAS** classes are available at the **Joslyn Center**. BSAC cardholders receive a \$5.00 discount off each class registration. For information or to sign up, please contact the **Burbank Adult School** at **818.558.4611**. +

 **Just Paint** - 6 weeks (\$59.00)
Tuesdays, February 11-March 18, 5:45-7:45 p.m.
Tuesdays, April 1-May 6, 5:45-7:45 p.m.

 **Writing Memoirs & Fiction** - 8 weeks (\$49.00)
Mondays, February 3-April 7, 5:30-7:30 p.m.

SAVE A STAMP!

Just include your return address on the envelope. No stamps are necessary!



Drop your Burbank Water & Power or Southern California Gas Co ("The Gas Company") bill payments in our "Utility Bill Payment" box (located in the Joslyn front hallway and parking lot, and at Tuttle Center)

Interviews at Joslyn!

Joslyn Adult Center and **Burbank High School's National Honor Society** will be joining together (late January/early February at 4:00 p.m.) to host interviews for all who would like to participate.

Students will interview you about interesting life stories, personal experiences, advice, etc., as part of a fun and memorable project that will hopefully foster great relationships between generations.

After our interviews, we will meet to present the final projects to our participants and simply have a good time!

Contact Front Info Desk to sign up (sign-ups are limited).



Joslyn Lost & Found Notice

Car Keys, cell phones, photographs, jackets, water bottles and more!! The **Joslyn Front Information Desk** collects these turned-in items—yet there is no way for us to return them to their rightful-owners, unless you report a missing item. Starting in January, our remaining lost & found items will be displayed in the front lobby area during the last week of each month. Items not claimed will be donated to charity or thrown out.

2014 Burbank Senior Games: Applications will be available in **early March** for our **20th annual Burbank Senior Games!** Events take place **May 12-17**. Pick up a brochure at Joslyn or Tuttle Center and sign up! +

Tuttle Center

Enjoy the events and activities available at the **Tuttle Center**, located at **1731 Ontario Street, Burbank 818.238.5367**. See "**Tuttle Tales**" for more info.



Joslyn Special Events & Program

+ = Additional fee



☑ = Sign Up

Welcome to the Joslyn Adult Center

JOSLYN CENTER HOURS

MONDAY-FRIDAY, 8:00 A.M.-8:00 P.M.
SATURDAY & SUNDAY, 9:00 A.M.-4:00 P.M.

Information Desk: 818.238.5353

Travel/Recreation Office: Open Monday-Friday
9:00-11:00 a.m. & 12:00-2:00 p.m., 818.238.5353

For information about ongoing weekly and monthly activities, please see the respective flyers available at the **Joslyn Information Desk** or **Tuttle Center**. You can also access information online at "www.burbankwire.com" in the "Seniors 55+" section.

Notes: ☑ = Sign-up required + = Additional fee*
 (*most activities are \$2.00 but free with BSAC card).

Fitness

We have openings in the following fitness classes—come join us!

Fitness with Nadja: Thursdays, 2:30 p.m.— Improve your balance, flexibility, and strength with this easy-paced exercise class. Instructor will take into account any limiting factors you may have. Class fee is \$2.00 per session (free with BSAC).

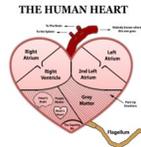


Tai Chi: Mondays, 1:00 pm & Fridays, 3:00 p.m.— Help improve your balance and blood pressure through meditation, dance, and martial arts. Class fee is \$5.00 per session (\$3.00 with BSAC).

Zumba Gold: Saturdays, 1:30 p.m.— Enjoy this low-impact, easy to follow, Latin music-inspired dance fitness class. Class fee is \$5.00 per session (\$3.00 with BSAC).

It's Fun to Go to the YMCA! The Burbank 'Y' offers a **one-time, 3-month membership for \$45.00 to BSAC cardholders!** Next session starts February 1. Take this opportunity to sign up—contact the Joslyn Recreation Office, 818.238.5353 for information (**Please do not contact the YMCA.**) ☑+

Health & Information Programs



Health & Wellness: My Healthy Heart: Friday, January 10, 9:30 – 10:30 a.m.— **Michelle Abich, MPH**, discusses how the heart works, blood pressure, cholesterol, diabetes, myths about heart disease, risk factors, and steps to a healthy heart. Blood pressure will also be checked. Sponsored by **Lakeside Medical Group**. Admission is \$2.00 (free with BSAC).

Mindfulness Meditation: Monday, January 27, 1:00 p.m.—**Nita Truitner** discusses the importance of meditation for older adults in improving awareness and concentration, leading to relaxation and a calm state of mind. Nita conducts a weekly Meditation class at the Joslyn Center. Admission is \$2.00 (free with BSAC card).

Let's Move! Let's Eat!: Wednesday, February 12, 3:00 p.m.—The importance of exercise and nutrition in maintaining wellness. One of our popular fitness instructors, **Charleen Gosling** presents this 3rd in a series of **Woman's Health & Wellness** lectures. Admission is \$2.00 (free with BSAC card). ☑

Class Interest List

Call Recreation Office for info and signups, 818.238.5353.
 You will be notified of the next start date.

Cane Fu: Tuesdays at 2:30 p.m., (starting in February)—**Bruce McDonald** will help you attain an increased sense of confidence, fitness, and increased self-defense skill. At the conclusion of this course, you will be able to demonstrate effective techniques to ward off and discourage attackers including: blocks, strikes, joint locks, and defensive patterns against an attacker's punches, kicks, and grabs. The 6-week course fee is \$10.00 (free with BSAC). ☑+

Coloring Outside the Lines: An Art Class for Older Adults and Caregivers at any level with **Samara Katten**. Create projects and crafts inspired by influential artists. Learn techniques easy enough to do at home. Come every week to build your skills. All materials provided! Afternoon time TBD. ☑



Digital Camera Class: Paul Currier instructs you on basic composition, ways to be artistic, when to use a wide angle, telephoto settings, flashes, and more! Bring your own camera with instruction book. The **5-week** course fee is \$20.00 (\$10.00 with BSAC card). ☑+

+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up

Music Programs



New Year's Party! Monday, January 6, 4:00-7:00 p.m.—Enjoy this year's "Sock Hop" featuring dinner and dancing to the sounds of the fabulous fifties. Sponsored by Doctors Angela Adelman, Beatris Ther Hacopian, Martin Smietanka, and Ronald Wing of the Healthcare Partners Medical Group. For 2014 BSAC cardholders and the aforementioned doctors' patients only. **RSVP required by Thursday, January 3.** ☑

Opera Group: Tuesday, January 28, 2:30 p.m.—Join us as Larry Verdugo of the LA Opera Speakers Bureau discusses "Billy Budd." Admission is \$2.00 (free for BSAC cardholders).

Larry Gillespie and the "Burbank Big Band" rehearsals return to the Joslyn Center on Monday, January 13 and February 10 at 1:00 p.m. The Band features 2 hours of Big Band and Jazz numbers. Admission is \$2.00 (free for BSAC cardholders).

Recreation Programs

Mah Jongg Class: Tuesday, January 14, 12:30-3:00 p.m.—Eight-week course costs \$20.00 (\$10.00 with BSAC). **Limited enrollment.** ☑+

Basic Bridge II Class: Thursday, January 23, 9:00 a.m.—A continuation of the "Basic Bridge Class. This is also a 16-week class. Cost is \$30 (\$20 with BSAC) plus \$10 for a 2014 Bridge book. **Limited enrollment.** ☑+

Spanish Language Group: Starting Monday, February 3, 1:30 p.m.—Learn conversational Spanish in this 10-week mentoring program. The lessons will focus on everyday words and phrases. Facilitated by **RSVP Volunteer Ken Truitner.** Course fee is \$20 (free with BSAC) ☑

Special Programs

Memory Training Course: Tuesdays, January 21 9:45 a.m.—Develop good memory habits and techniques with this 4-week, interactive course, which includes handouts, quizzes. Presented by trained instructor, **Jean Rouda.** **Note: not designed for those with Alzheimer's or dementia.** The course fee is \$30 (\$20 with BSAC card). **Enrollment is limited.** ☑+



"Love Soup": Wednesday, February 5 at 12:30 p.m. — John Feeney talks about how to measure the qualities of your relationships through respect, compassion, humor, trust, and intimacy. Admission is \$2.00 (free with BSAC).

Travel



Joslyn Day Trips: Sign up for one or more of the upcoming day trips today! Trips are for those 55+ and leave from the Joslyn Adult Center. Pick up a brochure or call the Travel Office **818.238.5353** for more information. **Note:** \$2.00 off with BSAC. ☑+

Upcoming Day Trips:

- ☛ **Three Churches Tour - Los Angeles**
Wednesday, January 22, 8:30 a.m.-6:30 p.m. - \$74.00
- ☛ **Aquarium of the Pacific - Long Beach**
Tuesday, February 11, 8:45 a.m.-5:00 p.m. - \$54.00
- ☛ **Remembering the "Red Car" - San Pedro**
Friday, February 21, 10:30 a.m.-6:30 p.m. - \$65.00
- ☛ **Chumash Casino / Solvang**
Wednesday, March 19, 9:00 a.m.-6:30 p.m. - \$38.00
- ☛ **Palm Springs Follies**
Tuesday, April 15, 9:00 a.m.-9:00 p.m. - \$TBD



"Transit Trailblazers" Trip Schedule —Sign up on our waiting list to become a member of Transit Trailblazers, Metro's On the Move Riders Club and learn how to navigate the METRO bus and rail system and join the fun in upcoming monthly trips in 2014:

- ⇒ January 15..... Downtown LA Library
- ⇒ February 19.... Chinatown
- ⇒ March 12 Magnolia Park

To sign-up, go to: TransitTrailblazers@gmail.com or the Joslyn Center. Sign-up forms are available at the Joslyn Recreation Office, 818.238.5353.

Resolution #1

Getting in shape is everyone's number one New Year's resolution. This year, make it happen and make it a habit! Here's several ways to get started.

Note: Class fees are per session. Get \$2.00 off with 2014 BSAC card. Joslyn & Tuttle classes are drop-in.

Joslyn Adult Center

1301 W. Olive Avenue, Burbank (818) 238-5367

- Monday:** Intermediate Fitness: 8:30 a.m.- \$2.00
T'ai Chi: 1:00 p.m.- \$5.00
- Tuesday:** Resistance Training 8:15 a.m.- \$3.00
- Wednesday:** Beginner Level Fitness 8:30 a.m.- \$2.00
- Friday:** Chair Exercise: 8:30 a.m.- \$2.00
T'ai Chi: 3:00 p.m.- \$5.00
- Saturday:** Balance Class: 10:00 a.m. - \$3.00
Zumba Gold: 1:30 p.m.- \$5.00
Fitness for Life: 2:30 p.m.- \$4.00

Tuttle Center

1731 North Ontario, Burbank (818) 238-5367

- Tue & Fri:** Morning Workout - 9:30 a.m.- \$2.00

Ovrom Center

601 South San Fernando, Burbank

- Wednesday:** Arthritis Exercise Class - 11:30 a.m.
Ten sessions - Call Joslyn Center to sign up - \$20.00 (free with BSAC card)

Computer/Technology Classes

(A Burbank Library card with internet access is required to use our Cyber Café computers)



Call 818.238.5353 for information or to sign up for next start date.

Accessing the Internet: Saturday, January 11, 12:00 noon—A 1½-hour presentation for students with laptops, iPads or Smartphones. Instructor will provide individual instruction for each type of device. Class fee is \$5.00 (\$2.00 with BSAC). ☑+

Introduction to Facebook: Saturday, January 18 & 25, 9:30 a.m.—Learn how to create and manage your own Facebook page in this **2-week** training class, including: how to sign up, add friends; set privacy settings; status updates, upload pictures, Facebook etiquette, and more. **Note:** must have PC experience and an email address. Class fee is \$20.00 (\$10.00 with BSAC). ☑+

Basic Computer Class: Tuesdays, 9:30 a.m.—Learn the basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Monday, 9:30-11:00 a.m.** Course fee is \$20.00 (\$10.00 with BSAC). ☑+

iPad Class: Thursdays, 9:30 a.m.—Learn IPAD basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Thursday, 9:30-11:00 a.m.** Class fee is \$20.00 (\$10.00 with BSAC). ☑+

One-on-One Computer Training: Tuesdays & Thursdays, 12:30 - 2:30 p.m.—Session fee is \$5.00 (\$2.00 with current BSAC card). ☑+

Gadget Workshop: Got a new gadget (phone, Ipad, digital camera, etc.) you need help operating or programming? Call for an appointment. Fee is \$5.00 (\$2.00 with BSAC). ☑+

RSVP Volunteer Timesheet Update. . .

When submitting your monthly timesheets for yourself or your group (station), please mail or hand-deliver your timesheets to the staff supervisor of your program at the end of each month. Supervisors need to sign off and also record your hours starting January 2014.

Our RSVP Volunteers are the heart and soul of our program areas! We couldn't do what we do **WITHOUT YOU!!!**

In appreciation,

Gayle Migden

More to Come! New technology classes will be added, based on your interests and availability of volunteer instructors. Please check the Cyber Café for new classes and pass on any suggestions you have to Diana Felix at the front Information Desk or email her at dfelix@burbankca.gov.

Service Opportunities

City of Burbank's Library is recruiting volunteers* to coordinate and lead computer classes for adults.



Volunteers will introduce participants to:

- Computer Basics
- Microsoft Office
- Web Searching
- E-mail Accounts



For more information on this service opportunity please contact Volunteer Director Dee Call at 818.238.5370 or

dcall@burbankca.gov

Burbank
Volunteer
Program



* training class and a 6 month commitment are required



The New BSAC Card: New Look, New Sign-ups, New Discounts!



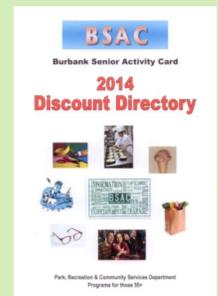
The **Joslyn and Tuttle Centers** are now using the new **Park, Recreation and Community Services "E-Trak Plus" system** for our **2014 Burbank Senior Activity Cards**.

The **2014 BSAC cards** are now **\$15 for Burbank residents** and **\$20 for non-residents**. Individuals who do not wish to purchase a "BSAC card" will be enrolled and receive an **Activity Card ("AC")** instead. These AC cards are free, however, you will be required to pay full price of each program or class.

At this time, our new E-Trak Plus system requires all participants to be **re-registered and photographed** at the Information Desk when renewing their cards. As with our previous cards, they are renewed each calendar year. With the new BSAC card you can:

- ◇ Register online for all Park, Recreation and Community Services classes and more.
- ◇ Receive a **2014 BSAC Discount Directory**.
- ◇ Use your **credit card** to purchase a card, or sign up for a class or day trip!

There's more to come. . .



A Special Thank You to Our Generous Volunteer Recognition Luncheon Sponsors

R

ROCK STAR SPONSOR ~ \$1,000

Belmont Village
 Burbank Senior Apartments
 Facey Medical Group
 HealthCare Partners
 Motion Picture and Television Fund

S

VIP SPONSOR ~ \$500

City of Burbank - Fire Department
 Comfort Keepers
 Joslyn House Committee
 Supporters of Senior Services

V

P

PATRON SPONSOR ~ \$250

Burbank Bob Hope Airport
 City of Burbank - Public Works
 Evergreen Retirement Residence
 Valley Porcelain Artists



20 Year Award Recipients

Judy Pike, Terry Campbell, Lee Merlo, Peter Merlo, Phyl Fletcher, Eleanor Mackey, Patricia Fryman, Jim Fryman, Peter McGrath, and Dee Call.



25 Year Award

Helen Marotta



President's Call to Service Award-4000+ Hours

Dee Call, Mary Ramsey, Sharon Darbo, Jacqueline Campbell, Betty Santoro, Marion Mandeson, and Judy Pike.



In 2013, RSVP Volunteers served over 147,000 hours.



City Representatives
 Judie Wilke, Jess Talamantes, Judy Pike, Dr. David Gordon, Gary Bric, Emily Gabel-Luddy, Mark Scott, Zizette Mullins, and Justin Hess.



Over 400 RSVP Volunteers attended this year's Recognition Luncheon!